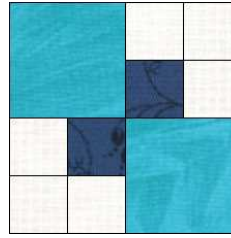


Hearts and Hands  
Block of the Month – May 2022

Tam's Patch



**Fabric Requirements:** White on white, teal (blue-green) and navy blue

**Cutting Instructions:**

From teal – cut two squares 5 ½" x 5 ½"

From navy– cut two squares 3" x 3"

From white – cut six squares 3" x 3"

**Sewing Instructions:**

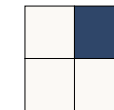
Sew a white square to a navy blue square; press to the navy blue (make two sets).



Sew two white squares together; press to one side (make two)



Sew the white rectangle to the white & blue rectangle nesting your seams; flatten the center by spinning the seam (make two)



**Flattening the Center of a Four Patch**

This block is more successful if you flatten the center of the four patches. If you don't already know how to do this, check out an on-line tutorial.

**Video tutorials** (YouTube..) Carrie Nelson – Popping Seams of a Four Patch

Edyta Sitar -How to Sew & Press a Four Patch (Spinning Seams)

Twiddle Tails – Fanning (Spinning) 4 Patch or 9 Patch

**Written Tutorial** - Quiltville.com, Tips & Techniques, Spin the 4 Patch Seams

Sew the four patch unit to a teal square; press to the teal (make 2)



Sew the teal and four patch rectangles to each other as shown at the top of the page; spin your seams and press



RWB Option – large red squares & small navy squares

This is a 10" block; 10 ½" unfinished

